2013 ACC INDOOR TRACK AND FIELD CHAMPIONSHIP SCHEDULE

THURSDAY FEB. 21, 2013
12:00 Noon- Women's Pentathlon- 60mH, HJ, SP, LJ, 800m
12:20 PM- Men's Heptathlon- 60m, LJ, SP, HJ

FRIDAY FEB. 22, 2013
11:00 AM- Heptathlon 60mH
12:15 PM- (approx)- Heptathlon PV
2:40 PM- (approx)- Heptathlon 1000m

Running Events
2:00 PM- Mile Women-Q
2:20 PM- Mile Men-Q
2:40 PM- Heptathlon 1000 m
2:45 PM- 60m Hurdles Women-Q
3:05 PM- 60m Hurdles Men-Q
3:30 PM- 400m Women-Q
3:50 PM- 400m Men-Q
4:20 PM- 60m Women-Q
4:35 PM- 60m Men-Q
4:50 PM- 800m Women-Q
5:10 PM- 800m Men-Q
5:30 PM- 200m Women-Q
5:50 PM- 200m Men-Q
6:10 PM- 5000m Women Unseeded Section-FINAL
6:35 PM- 5000m Women Seeded Section-FINAL
7:00 PM- 5000m Men Unseeded Section-FINAL
7:25 PM- 5000m Men Seeded Section-FINAL
7:50 PM- WOMENS DISTANCE MEDLEY RELAY- FINAL
8:05 PM- MENS DISTANCE MEDLEY RELAY- FINAL

Field Events
12:00 PM- High Jump Men-FINAL
1:00 PM- Long Jump Women-FINAL
1:00 PM- Weight Throw Women- FINAL
4:00 PM- Weight Throw Men-FINAL
4:30 PM- Long Jump Men-FINAL
5:30 PM- Pole Vault Women-FINAL
6:00 PM- High Jump Women-FINAL

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SATURDAY FEB. 23, 2013
Running Events
12:00 Noon- Mile Women- FINAL
12:10 PM- Mile Men- FINAL
12:40 PM- 60m Hurdles Women- FINAL
12:50 PM- 60m Hurdles Men- FINAL
1:00 PM- 400m Women- FINAL
1:10 PM- 400m Men- FINAL
1:20 PM- 60m Women- FINAL
1:30 PM- 60m Men- FINAL
1:40 PM- 800m Women- FINAL
1:50 PM- 800m Men- FINAL
2:00 PM- 200m Women- FINAL
2:10 PM- 200m Men- FINAL
2:20 PM- 3000m Women- unseeded section-FINAL
2:35 PM- 3000m Women- seeded section-FINAL
2:55 PM- 3000m Men- unseeded section-FINAL
3:10 PM- 3000m Men- seeded section-FINAL
3:25 PM- 4 x 400m Relay Women- FINAL
3:40 PM- 4 x 400m Relay Men- FINAL
4:00 PM- AWARDS

Field Events
11:00 AM- Shot Put Women-FINAL
11:00 AM- Triple Jump Women-FINAL
12:00 Noon- Pole Vault Men-FINAL
1:30 PM- Shot Put Men-FINAL
1:30 PM- Triple Jump Men-FINAL

FACILITY PRACTICE TIMES:
Weds. Feb. 23- 11:00 AM to 9:00 PM
Thurs. Feb. 24- 8:00 AM to 11:00 AM and 5 PM (after multis) until 9:00 PM
Fri. Feb 25- 8:00 AM to 10:00 AM
Sat. Feb. 26- 8:00 AM to 10:00 AM (Sprint Straight 8:00 am to 9:30 am)